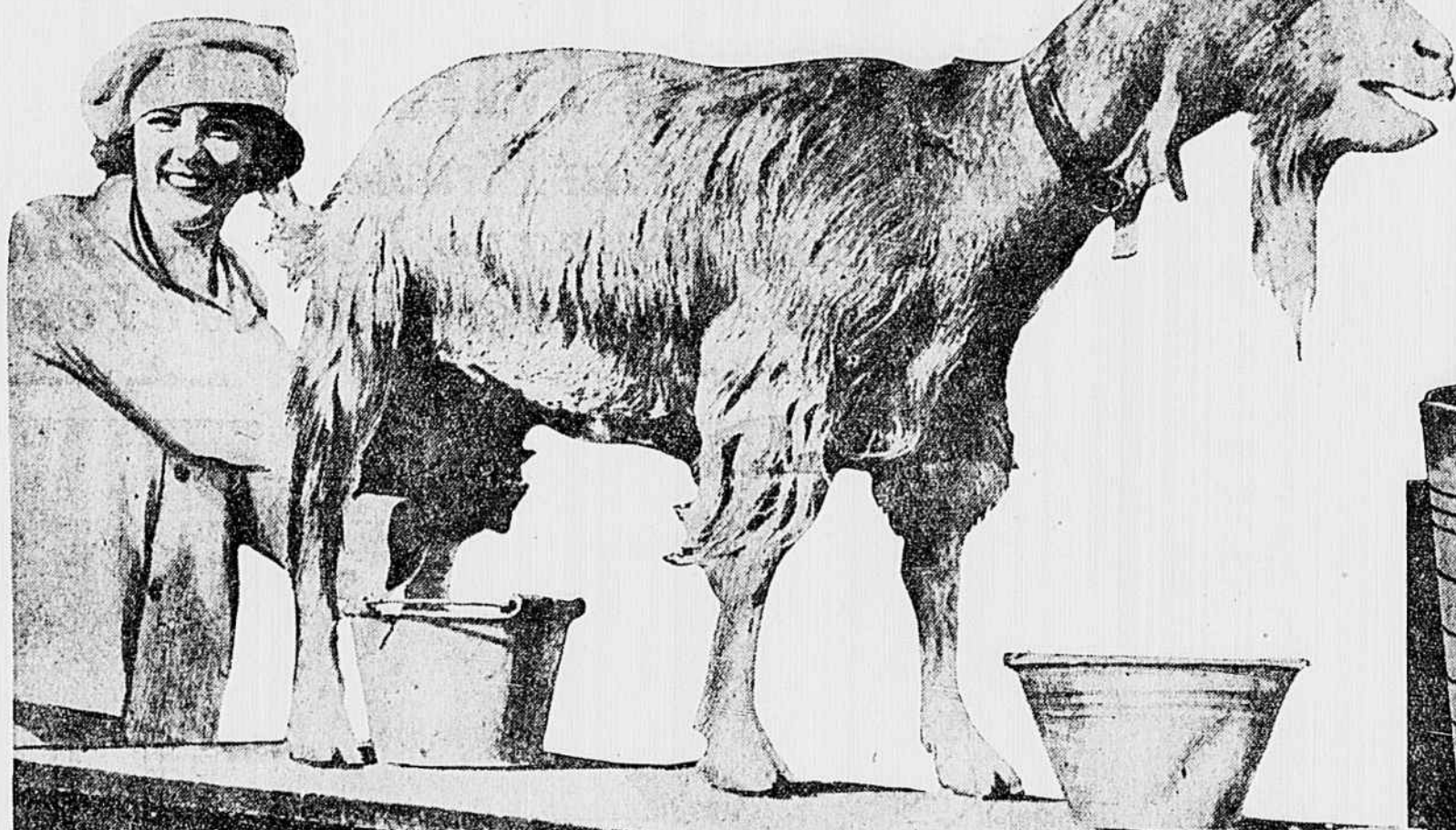
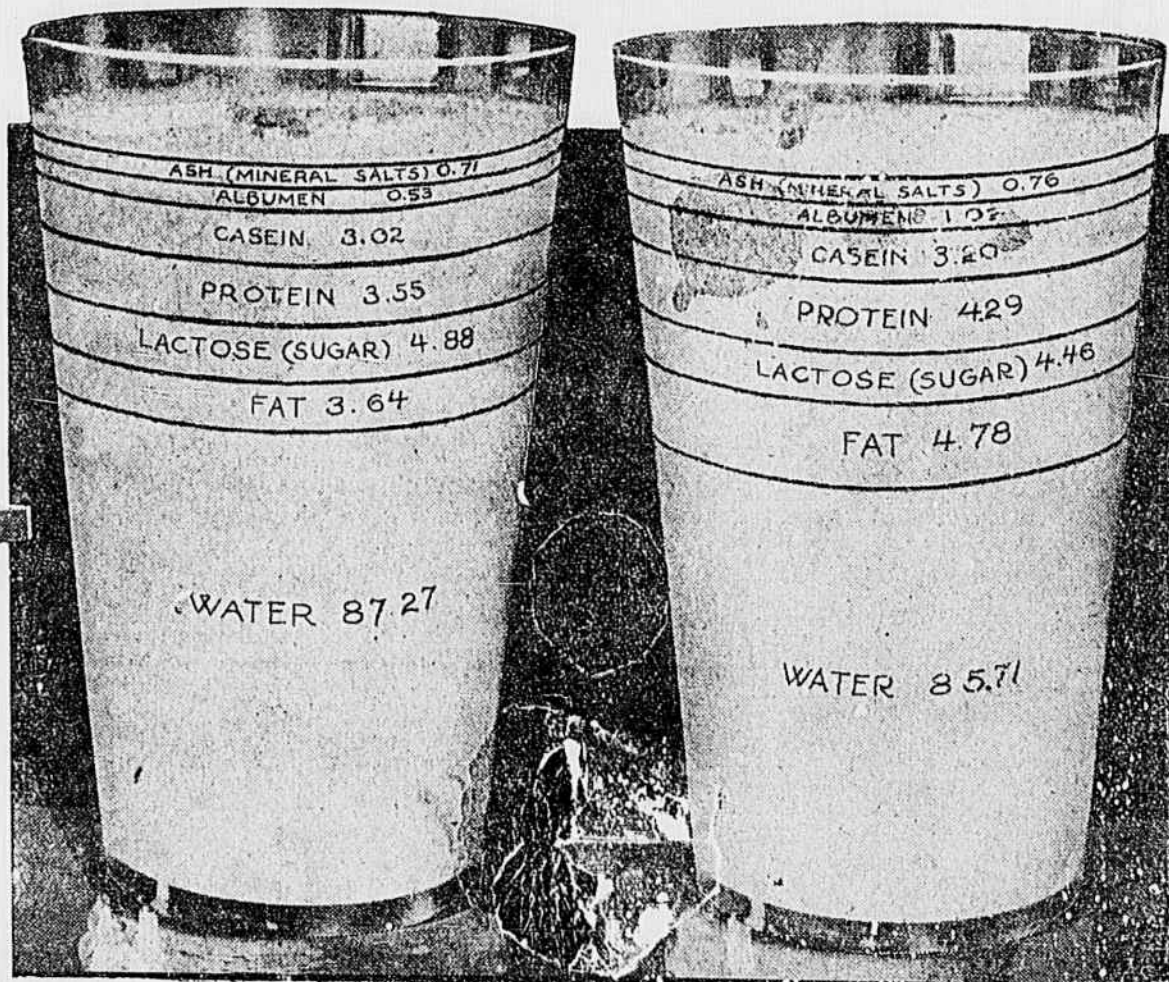


"Millionaire Milk" From Goats

The Extremely Interesting Scientific Discovery That Saved the Life of Baby Barbara Soper and Started Another New Fad



Miss Poppie Davis at the California Breeders' Exposition, San Francisco, Demonstrating the Advantages a Goat-Herd Milkmaid Has Over the Dairy Maid Who Milks Refractory Cows.

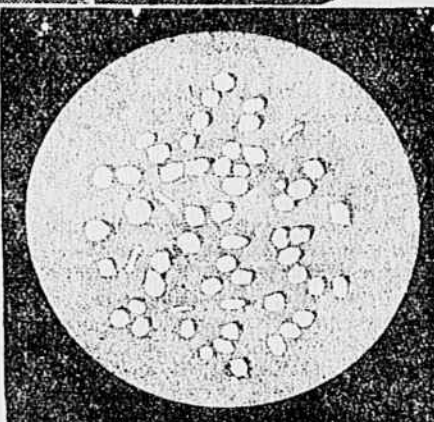


COW'S MILK

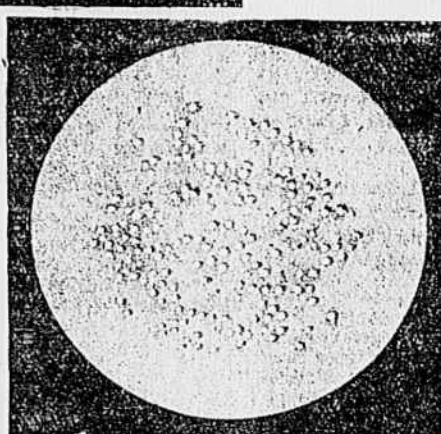
GOAT'S MILK

These Two Photo-Diagrams of a Glass of Cow's Milk and a Glass of Goat's Milk Are Based on a Series of Analyses Made by the Bureau of Chemistry, U. S. Department of Agriculture. They Show That Goat's Milk Is Higher in Calories and Contains a Larger Percentage of Most of the Ingredients Which Make Milk a Nourishing Food.

wall of the stomach where they are held, more or less incapable of digestion. But the very small fat globules of goat's milk, held in a more perfect emulsion, are more quickly digested by the delicate stomach. This one characteristic, which is purely mechanical, may mean the difference between life and death for a baby or invalid.



Above, Microscopic Enlargement of Large Fat Globules Suspended in Emulsion in Cow's Milk. At Right, Smaller and More Easily Digestible Fat Globules in Goat's Milk.



	Cow's Milk	Goat's Milk
Water	87.27	85.71
Fat	3.64	4.78
Lactose (Sugar)	4.88	4.46
Protein	3.55	4.29
Casein	3.02	3.20
Albumen	0.53	1.05
Ash (Mineral salts)	0.71	0.76
Fuel Calories	310.00	354.06

The mineral salts, which have important dietetic value, include potassium oxide, sodium, calcium, magnesium, iron, sulphur, phosphoric acid and chlorine.

4. Goat's milk is absolutely free from tuberculous germs. Goats themselves are practically immune from tuberculosis, and their milk is a natural "enemy" of tubercular germs.

5. For some unknown reason goat's milk forms a smaller and tenderer curd, when it is mixed with the gastric juices, and consequently is more easily assimilated.

Many people are prejudiced against goat's milk because they believe it has a "strong taste." If you have traveled abroad, and have tried a glass of goat's milk, out of curiosity, in some mountain village of Italy or Switzerland, the chances are you found that it tasted "exactly like a goat smells"—which is pretty bad.

But you will be surprised to learn that goat's milk need not taste that way. The characteristic "goat" odor is a gland odor peculiar to the male of the goat species alone—the justly maligned "billy goat" of the comic newspaper. A clean female goat, if she is not allowed to associate too much with the males of the family, has no "goat" odor or taste. If the female

Enlarged Reproduction (from Gray's Anatomy) of a Section of the Wall of the Human Stomach, Showing How the Smaller Fat Globules of Goat's Milk Are More Easily Absorbed Than the Larger Globules of Cow's Milk.

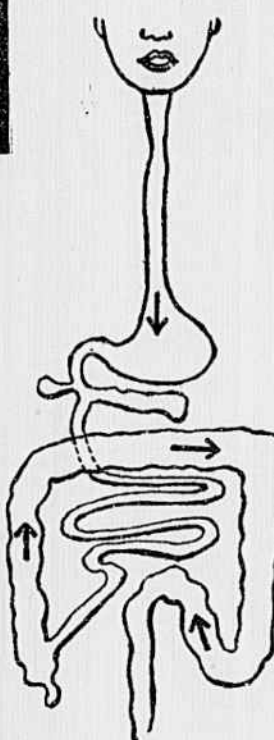
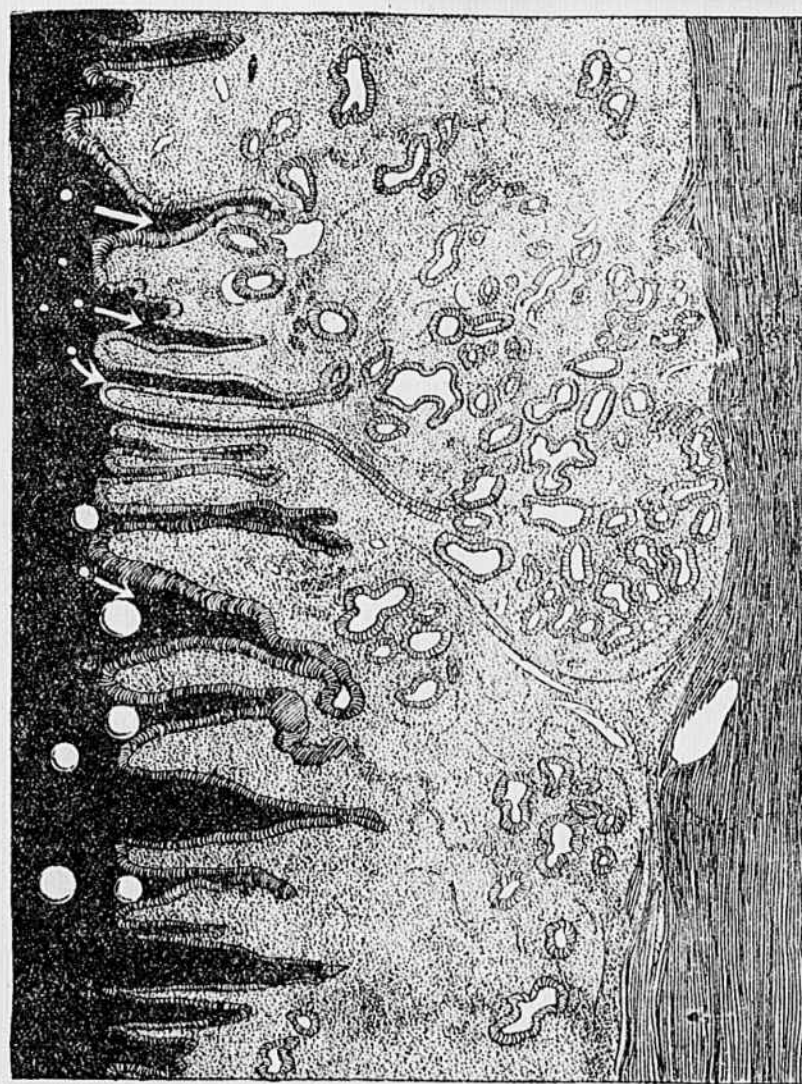


Diagram of the Human Alimentary Tract. Arrows Indicate Course of Milk, or Any Liquid Diet, from Which Nourishment Is Derived, Not Only While It Is in the Stomach, but After It Passes to Other Organs.

never supersede it for general use, and there is no reason why it should. Good cow's milk is one of the finest things you can possibly drink. If your stomach is normal, and in many cases it is the ideal food for babies and invalids.

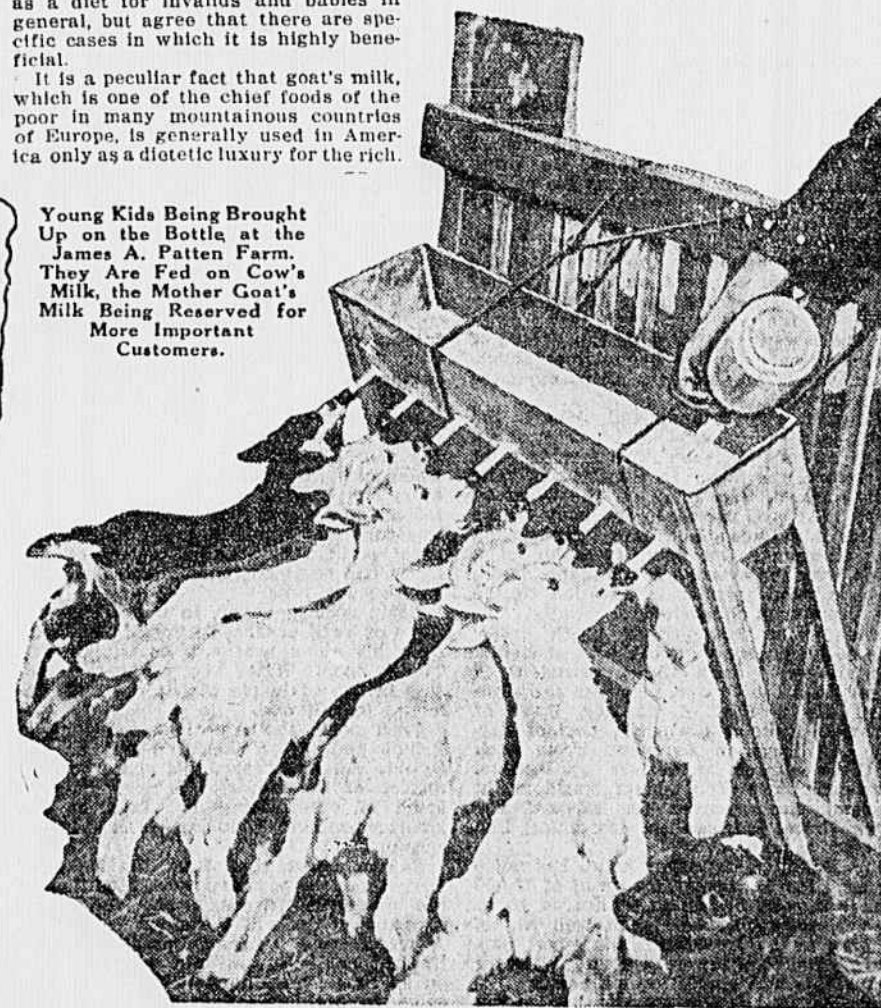
But there are cases in which cow's milk cannot be digested—cases in which it is positively harmful—and for some of these goat's milk has great dietetic value.

The case of Barbara Soper, in Chicago, is by no means a unique one. Dr. Sherman and Lohues, of Buffalo, trying a goat's milk diet on eighteen children, all of whom suffered from digestive troubles and did not thrive on cow's milk or prepared foods, found that in seventeen out of the eighteen cases, the goat's milk proved favorable results. In the eighteenth case, the goat's milk did not only fail to produce benefit, but even proved slightly harmful, and another diet was substituted.

The majority of leading American physicians are divided in their opinions on the superior value of goat's milk as a diet for invalids and babies in general, but agree that there are specific cases in which it is highly beneficial.

It is a peculiar fact that goat's milk, which is one of the chief foods of the poor in many mountainous countries of Europe, is generally used in America only as a dietetic luxury for the rich.

Young Kids Being Brought Up on the Bottle at the James A. Patten Farm. They Are Fed on Cow's Milk, the Mother Goat's Milk Being Reserved for More Important Customers.



THE little granddaughter of Millionaire Charles A. Stevens, Chicago, was dying of starvation.

There was no lack of food—the most expensive and delicate food, prepared by the combined efforts of imported chefs, expert dieticians and doctors.

The trouble was that little Barbara Soper couldn't digest any of it.

From the moment she was weaned, the child had suffered from an extremely delicate stomach. She was otherwise normal and healthy, but the indigestion became progressively worse and threatened her life. Her immensely wealthy family spent a fortune in fees to specialists. They tried all sorts of diets, boiled milk, cultured milk, prepared medical "foods." They were all a failure.

Then, one day, a friend from the West said to Mr. Stevens, "Why don't you try goat's milk?"

The idea astonished Mr. Stevens, but he was in despair and willing to try anything. He immediately telegraphed for three finely blooded Toggenberg milk goats, bred in Southern California. A week later the goats were grazing on the lawn of the palatial Stevens home (to the amazement of all the neighbors), and a few days afterward they heard, with even greater surprise that little Barbara Soper was getting well—drinking goat's milk—digesting it perfectly.

And subsequent experiments have proven the amazing fact that the milk of the humble goat is not only superior to cow's milk for certain diet purposes—but that it is richer in butter fat, proteins, calories, and in practically all food values.

The extraordinary story spread rapidly. The enthusiastic Mr. Stevens bought a whole flock of seventy goats, which he distributed among his friends. To-day it is more "fashionable" to keep a goat than a cow in the exclusive millionaire colonies of the Middle West.

Analyses and experiments have resulted in the discovery of things about goat's milk that you would never dream.

Here are some of them:

1. Goat's milk is the only practically available animal milk which is alkaline in its reaction. Human mother's milk is alkaline, but cow's milk is acid. For this and other reasons, goat's milk is nearer like mother's milk than any other liquid produced by nature or the dietician's laboratory.

2. Goat's milk, the butter-fat which is suspended in milk in emulsion (that is, in globules of oil which do not mix with the water) is in much smaller globules than in cow's milk, and is more easily penetrated by the juices of the stomach. In the case of cow's milk the action of the stomach under some conditions will throw the large fat globules against the